

# SPRING OFF-DUTY

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# CAUSES OF SPORTS INJURIES

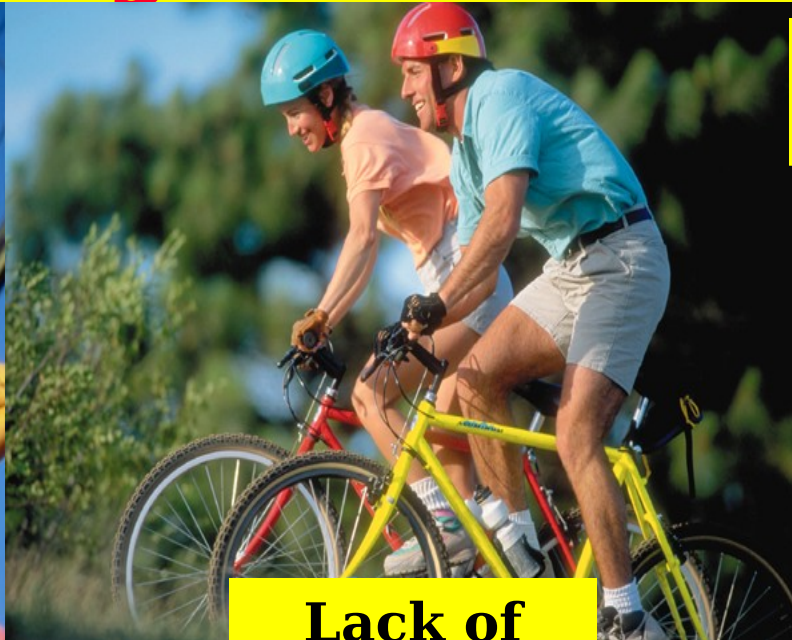
**Violation of  
rules**



**Poor  
conditioning**



**Lack of  
PPE**



**Inadequate  
ability/skill**



**No warm-up/cool  
down**





# SOFTBALL SAFETY EQUIPMENT

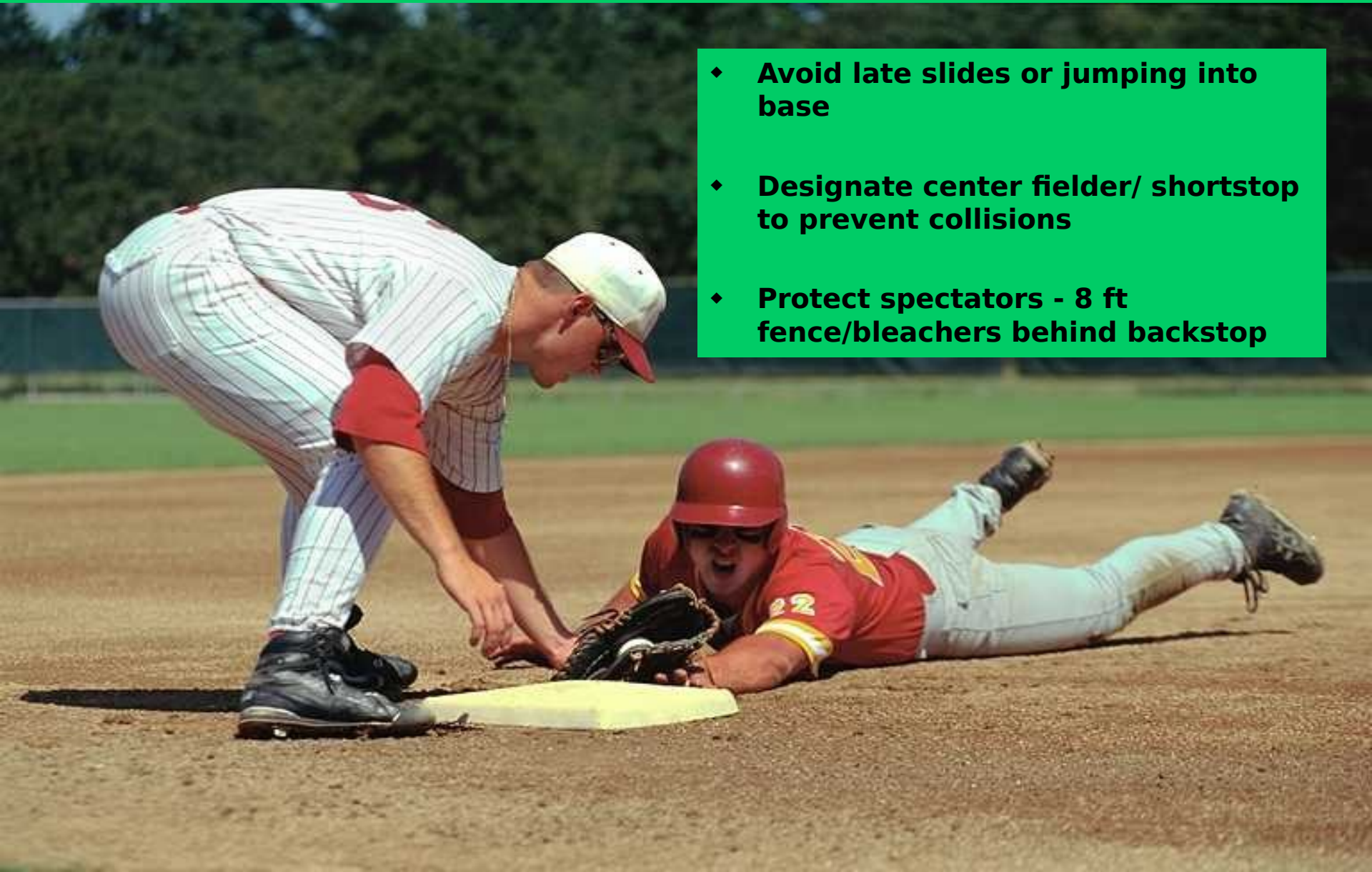
**MANAGE THE  
RISKS**

- » Rubber cleats/tennis shoes
- » Break-away/safety bases
- » Handgrips on bats
- » Titanium bats prohibited
- » Warm-up/stretch



# SOFTBALL SAFETY - RECOMMENDATIONS

- ♦ **Avoid late slides or jumping into base**
- ♦ **Designate center fielder/ shortstop to prevent collisions**
- ♦ **Protect spectators - 8 ft fence/bleachers behind backstop**





# BIKING

Manage the risks

- **HELMET**
- **RIDE WITH TRAFFIC**
- **REFLECTIVE CLOTHING**
- **NO LISTENING DEVICES**



# OFF ROAD DRIVING

Manage the  
risks



- Required training
- PPE
- Familiar with equipment
- Stay on designated trails
- No alcohol



# JOGGING SAFETY

## MANAGE THE RISKS

- **Reflective gear**
- **No listening devices**
- **Jog against traffic**
- **Intake fluids at proper level**
- **Stay on sidewalk or open trail**



# PARACHUTING SAFETY

■ **Manage the risks** ■

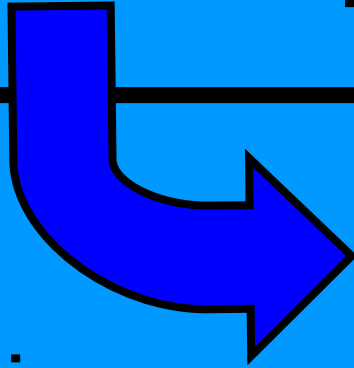
- Training
- Certified riggers
- Automatic activation devices
- Round/square reserves
- Avoid radical landings



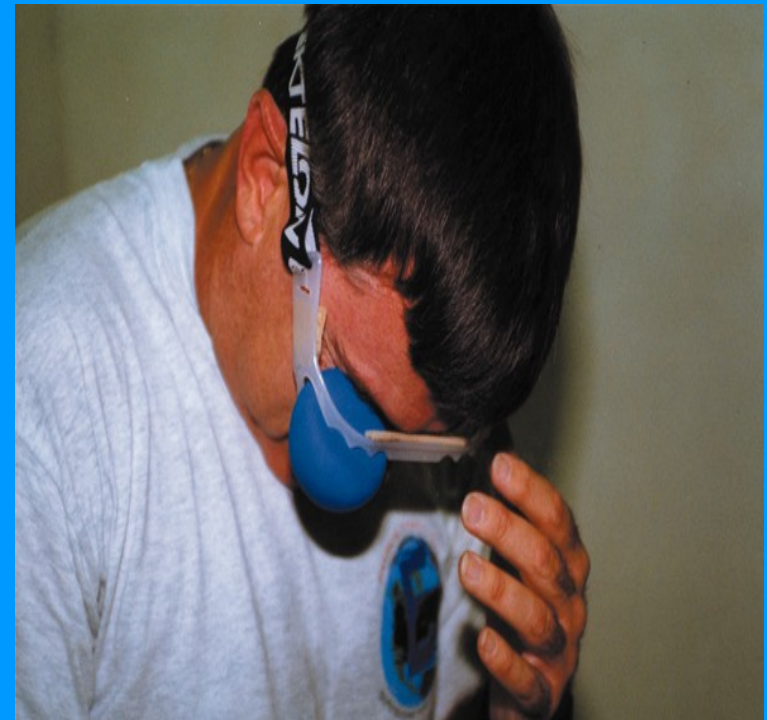


# **RACQUET SPORTS EYE PROTECTION**

## **MANAGE THE RISKS**



- **Wear eye protectors with lenses made of polycarbonate**
- **Ensure they comply with the Racquet sports approval list**



# IN-LINE SKATING

## Manage the risks

- » Helmet
- » Safety equipment
- » Learn how to stop
- » Smooth surface
- » No night skating
- » Not during peak traffic
- » No portable listening devices





# NON-POWERED SCOOTERS

## MANAGE THE RISKS

- **Helmet**
- **Personal protective equipment**
- **Learn how to stop**
- **Smooth surface**
- **Not during peak traffic**
- **No portable listening devices**



# **VOLLEYBALL SAFETY**

- **CHECK FOR HAZARDS IN AND AROUND COURT**
- **WEAR PPE**
- **SUNSCREEN**
- **NO UNSPORTSMANLIKE CONDUCT**
- **NO ALCOHOL**





# POISON PREVENTION

- **USE ORIGINAL CONTAINERS**
- **KEEP ITEMS OUT OF CHILDREN'S REACH**
- **KEEP EMERGENCY NUMBERS BY PHONE**
- **READ WARNING LABELS**
- **USE CHILD RESISTANT CAPS**
- **BUY NON-TOXIC PLANTS**



# FIRE EXIT DRILLS IN THE HOME

**DON'T LET THE RISKS  
MANAGE YOU**

- **CHECK SMOKE DETECTORS**
- **DEVELOP AN ESCAPE PLAN**
- **PRACTICE YOUR PLAN**
- **TWO WAYS OUT**
- **OUTSIDE MEETING PLACE**





# LAWNMOWER SAFETY

- FOLLOW MANUFACTURER'S RECOMMENDATIONS
- WEAR PPE (SAFETY GOGGLES & SHOES)
- REMOVE OBJECTS BEFORE CUTTING
- PUSH; DO NOT PULL THE MOWER
- MOW Laterally Across a Slope, Not Up and Down
- ON A RIDING MOWER, THE RULE IS JUST THE OPPOSITE

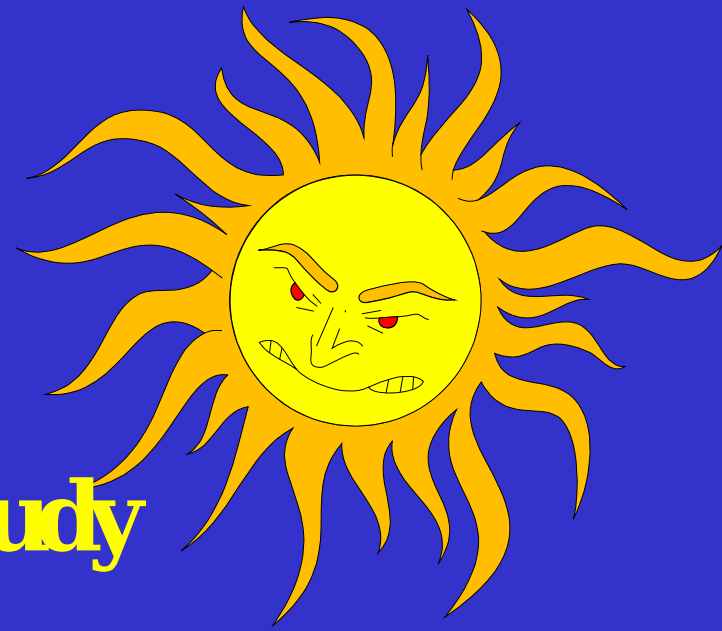


# Home Maintenance/Repair

- Follow the manufacturer's safety recommendations
- Inspect power cords for cuts, frays and broken plugs
- Secure tools when not in use
- Use appropriate Personal Protective Equipment



# Wear Sunscreen

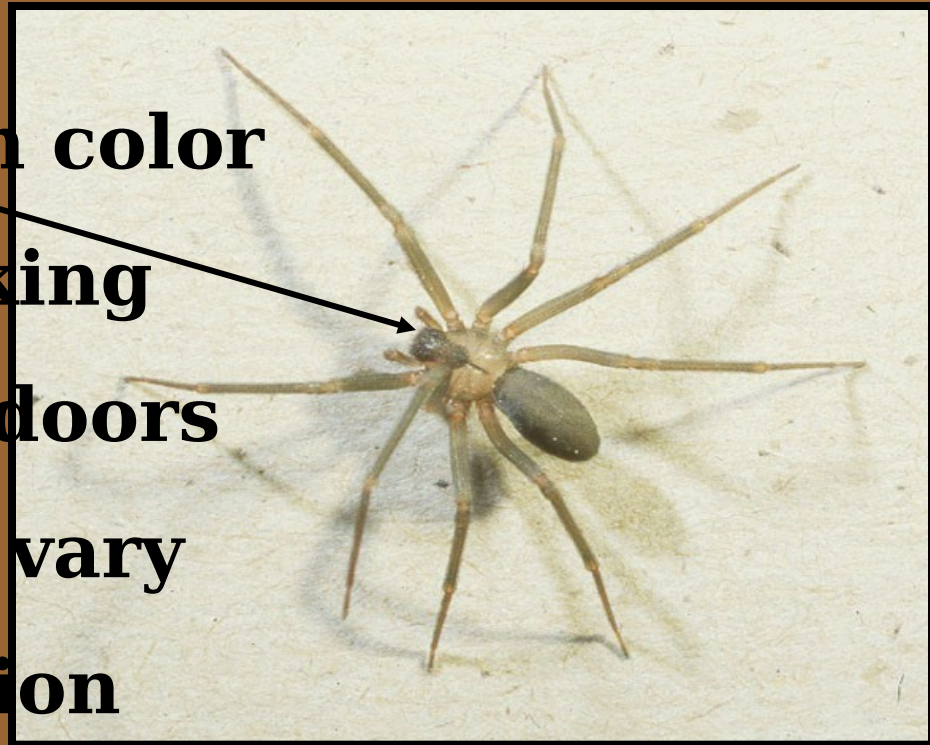


- Apply daily; even if it's cloudy
- Apply liberally; Re-apply per mfr's instruction; even if it's waterproof
- At least SPF 15
- Protection for UV-A and UV-B rays
- Don't use tanning salons



# Brown Recluse Spider

- Midwest and Southern States
- 1/4 to 3/4 inches in length (dime to quarter size)
- Tan to dark brown in color
- “Violin/Fiddle” marking
- Lives indoors or outdoors
- Severity of bite may vary
- Seek medical attention



# RISK MANAGEMENT

